



Newsletter Messages

National Influenza Vaccination Week 2016

December 4 – 10, 2016

Newsletter Blurbs

It's Not Too Late!

With flu activity increasing and family and friends planning gatherings for the holidays, now is a great time to get a flu vaccine if you have not gotten vaccinated yet. A flu vaccine can protect you and your loved ones. Everyone 6 months of age and older should get a flu vaccine every season. This season, CDC recommends only flu shots (not the nasal spray vaccine).

While seasonal flu activity varies, flu activity usually peaks between December and February, though activity can last as late as May. As long as flu activity is ongoing, it's not too late to get vaccinated, even in January or later. An annual flu vaccine is the best way to protect against this potentially serious disease. Even if you have already gotten sick with flu this season, it is still a good idea to get a flu vaccine. Flu vaccines protect against three or four different flu viruses (depending on which flu vaccine you get).

It's not too late to get a flu vaccine to protect yourself and your loved ones this flu season! Find a place near you to get a flu vaccine with the HealthMap Vaccine Finder (<http://vaccine.healthmap.org/>).

Support National Influenza Vaccination Week

December 4-10, 2016 is this year's National Influenza Vaccination Week (or NIVW). CDC Established NIVW in 2005 to highlight the importance of continuing flu vaccination through the holiday season and beyond. A goal of NIVW is to remind people that even though the holiday season has arrived, it's not too late to get their flu vaccine.

As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against the flu. Everyone 6 months of age and older should get a flu vaccine every season. CDC recommends only flu shots this season. If you haven't already, it's not too late to get a flu shot!

Additional information and resources for NIVW can be found at: <https://www.cdc.gov/flu/nivw/>.